

Job Location: Central Islip
Peer Food Farmacy Wellness Coach
HANDS ACROSS LONG ISLAND, INC.

Employment Status: P/T Flexible Hours
Salary: \$18.00 per hour
Reports To: Program Director

To oversee a food program that will give participants an opportunity to improve their lifestyle through health education, cooking skills development and daily support using an holistic approach to improving the body, mind and spirit. These job duties must be performed in a manner which is in keeping with the mission statement of Hands Across Long Island, Inc. and must also project a positive image of the employees, members and agency of Hands Across Long Island, Inc. to the public, members, other agencies, tenants, families and Board of Directors.

If you have an outgoing personality and the gift to connect and motivate people, this is the job for you! We are looking for a self starter who loves to engage and educate people in all dimensions of wellness. We measure success using the eight dimensions of wellness which are, Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social, and Spiritual.

Essential functions of this position include, but are not limited to:

Responsibilities:

Assist Program Director in program development.

Follow program and contract guidelines

Serve as a Life/Wellness coach to participants with mental health and limited resources

Complete Daily documentation for group and individual interactions.

- Maintain statistics as warranted under contracts for reporting to appropriate agencies
- Maintain inventory food and supplies
- Outreach coordination
 - Attend off-site training and seminars
 - Coordinate excursions for participant food purchasing
 - Give presentations in the community
 - Coordinate on-site educations by linking with the community
- Assist in event planning and coordination
- Participant intake and scheduling
- Group facilitation
 - Emotional Eating
 - Money management training
 - Coupon Cutting
 - Meal Planning
 - Daily exercise
 - Relaxation/Meditation
 - Yoga
 - Healthy Cooking
- Other duties as assigned.

QUALIFICATIONS:

- **Strong interest in Wellness, Health, Exercise and Nutrition**
- Identifies as a person who has lived experiences of using/having used mental health and/or substance abuse recovery service
- Well organized and detail oriented
- Ability to think creatively
- Ability to balance multiple tasks
- Personal experience in the mental health field

To apply, contact:

Michelle Revello, Program Director

Hands Across Long Island

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